



# one - fertility

Asia's leading community empowering your journey having a baby

## Waiting time for results: Your mind goes back to the same topic, again and again?

Engage in something that is **therapeutic** for you! Each single day use your extra time for your well-being. Get creative. Get out of the house. Bring up **your positive energy level**.

- A mindful walk, take deep breaths, focus and concentrate on as many small details as possible: Do you feel the wind? How does it smell? What colors do you see? How does the petal of the flower look? Do you see a bird or a bug – animals that breathe and share the same energy of the universe? Observe yourself and imagine all beings pass some good vibes to you.
- Pottery class or experiment with clay instead
- Drawing, sketching or color a child's drawing book
- Cake baking or cook your favorite meal – buy the ingredients fresh
- Listening to your favorite music, dance, sing, play an instrument
- Meet new people, there are daily a lot of social events i.e. [www.meetup.com](http://www.meetup.com)
- You might be living in Singapore for so long, rediscover it. Do some sightseeing or go to a place where you usually bring close friends or visitors or which reminds you of childhood.
- Buy yourself a plant and nourish it for the next 2 weeks, talk to it and imaging your baby
- Start a creative activity you always wanted to try: knitting, folding or cutting techniques of paper, jeweler making, mosaic making, sewing, candle making, color some textiles and surprise your loved ones after 2 weeks
- Try some story, poem or songwriting – there is no right or wrong, your expression count.
- Nourish yourself and celebrate life: burn a candle, have a home spa, eat at a nicely set table, use napkins, buy yourself a flower: smell it, analyze its color
- If you don't know what lifts you up go on a passion quest/ read The Passion Test

Knowing that there will be some challenging thoughts/ doubts or anxieties...let them out. Take 15 min each day to concentrate on and deal with your emotions, worries and anxieties.

You can write them down, evaluate them, talk to them verbally or in writing. There are plenty of tools: old style writing and drawing, apps for smartphones for writing or drawing. After the 15 min per day, put your thoughts away in a box, your dairy or a special place... If you can, stay away from internet research and too much TV.

Your one-fertility Team,

*Maika*



One-Fertility is an online community that empowers couples along their journey to parenthood. One-fertility provides options, alternatives and is no replacement for a medical treatment. Maika is Fertility Coach certified by Fertility Asia.

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### QUICK TIPS

#### #1 OVERCOMING NEGATIVE THOUGHTS

- ❖ Identify negative thoughts
- ❖ Question validity:  
Where did I learn it? /Is the thought logical? /Is this thought true?
- ❖ Replace with kinder and more accurate thoughts

#### #2 JOURNALING

- ❖ Write down 5 things you enjoyed during the day
- ❖ Small things matter:

- smile at 10 people/ yourself
- respond in a very kindly manner
- feel sunlight in your face
- observe a colorful butterfly
- express your love to someone or think about a special person

*Journaling will reflect you very special and own experience during this time.*

#### #3 A NEW HABIT

*Celebrate life with a new habit!*

- take 5 deep breaths after waking up
- 1 minute sweet talk with your loved ones or yourself
- practice affirmations daily
- burn a candle before you sleep

### FURTHER INFO / EVENTS

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